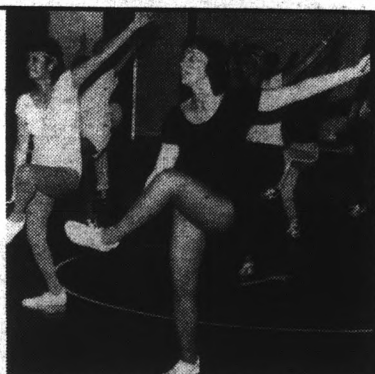


THIS WEEK:

Getting into shape
pages 5, 6 & 7



Vol. LVII No. 7

Friday, October 22, 1982

el Don

SANTA ANA COLLEGE

P.E. cutbacks protested by collecting signatures

by Chris Dugas
Staff Writer

"We the undersigned, feel that we have been discriminated against..." begins the petition which has circled through most of Orange County's community colleges. The document, which bears between 10-15,000 signatures, refers to the recent class cuts that have so strongly affected physical education departments across the state.

The cuts were part of a \$29.2 million budget trimming mandated by the state legislature, affecting all of California's community colleges.

The point in controversy, it seems, is why the decision as to what specific classes were to be eliminated came directly from the chancellor's office, rather than being left to the individual schools.

Says David Dobos, assistant dean of Physical Education and Athletics, "In the past, the decisions regarding where to cut costs were made within the division, where it was best known which classes were dispensable. But this summer, the decision was made arbitrarily, by the chancellor's office. That is what we consider to be unfair."

Classes that were considered to be avocational were dropped from the curriculum, or in some cases, retained on a fee basis. The fees, however, range from \$60 to \$90, and with the tight economic situation, many of the physical education teachers feel that this reserves education for the elite.

Frank Addleman, an instructor in SAC's Physical Education Department, said this about the cuts: "I

"The individual departments are better equipped to decide the specifics because we are more aware of what is going on within our own department."

--John Reseck

realize that certain revisions had to be made, but the chancellor seemed to pick on P.E. They feel that the students can pay to get some of the classes at health spas (jogging, cycling, yoga and slimnastics), but not many can afford to do that.

"They (the students) are tax-payers," Addleman continued. "They're not coming over here to use our facilities; they're coming over to use **their** facilities. They (the chancellor's office) just didn't use any logical criteria in their choices," he went on.

Kung fu, rock climbing, backpacking and canoeing were retained on a fee basis, but only kung fu had sufficient enrollment to be maintained. According to Dobos, "The fee is determined by what it actually

costs to teach the class, including the instructor's salary."

The teacher is expected to teach the fee-based classes on his own time -- the course is not counted as part of his academic load.

Chancellor Gerald C. Hayward defended the decision made by his office. He stated, "Our office was directed by legislature to treat each college individually, and to find \$30 million by removing classes that were considered to be avocational,

"Many of the colleges were glad that they were relieved of the responsibility; to leave it up to the individual departments would have pitted faculty member against faculty member."

--Gerald C. Hayward

recreational and/or for personal development, rather than academic in nature. This decision was made in order to forestall tuition."

Hayward went on to say that he is comfortable with his decision. "Many of the colleges were glad that they were relieved of the responsibility; to leave it up to the individual departments would have pitted faculty member against faculty member. It seems better to blame someone far removed from the situation," he related.

Faculty at SAC disagree. John Reseck was one of the instructors most seriously affected by the cutback, since he taught many of the classes that were abolished.

He voiced his concern, "The individual departments are better equipped to decide the specifics because we are more aware of what is going on within our own department."

"For instance, one of the classes was retained because it is listed as a requirement for the Underwater Occupations major, but the course hasn't been offered for years," Reseck explained. "Instead, we would have preferred to keep one of the four classes related to underwater activities that was cut because it was listed as only a recommended course, rather than a requirement for the major."

According to Hayward, "Corrections can be made as it goes along. Right now we are in the process of obtaining a philosophical goal in education from presidents and faculty, as well as students, from various colleges, but there is no clear statement as to what the state is willing to pay for."

He added, "Sometimes you must do things that are unpleasant, but you make the decision to the best of your ability. I feel that we have done that."



Homecoming time again . . .

The era of horse-drawn chariots and toga-draped citizens will be relived in the arena of SAC's Homecoming on Saturday, Nov. 6.

Darlene Jacobson, coordinator of Student Activities, is the overseer of the Greek/Roman theme.

Elections for the Homecoming court will be held Oct. 26 and 27. The top five vote receivers will be chosen.

The candidates and their sponsors are: Maureen Boyle, Open Bicycle Racing Association; Debbie Brown, Baseball Team; Kathryn Clinkenbeard, Motorcycle Club; Debra Costanzo, Pre-Med/Pre-Health Club; Cari De Lamare, Campus Ambassadors; Jeanne Dorn, Latter Day Saints Club; Patricia Elizondo, EOPS Club; Keri Gable, Football Team; Imelda Gonzalez, SAC Dive Club; Carmen Goodall, Pre-Law; Kari Gooldy, Sports Medicine Club; Jenny Hakansson, International Students' Organization; Darlene Hodges, College Chorale; Romana Medina, Ridgerunner/Ski Club; Mary Nagle, SAC Pep Band; Susan Resetar, Engineering Club; Gwendolyn Turnage, Men's Basketball; and Mildays Vasquez, MECHA.

Merits of new religions debated

by Michael Kilroy
Staff Writer

A Christian perspective of new religions was presented on campus last Thursday in a widely publicized lecture and slide show, sponsored by the SAC Christian Fellowship.

Dean Halverson, a senior staff researcher for the Spiritual Counterfeits Project in Berkeley, spoke on what he considers to be the dangers of the new religious movements.

Halverson stated, "We at SCP are concerned about these new paths that deviate from the path to God."

Though billed as an analysis of "New Age" religions, the speech was divided into two parts: 1) the high commitment, authoritative groups and 2) the experiential, mystical and more "New Age"-inspired organizations.

Halverson began the lecture by telling an audience of about 30 people that "we live in a time when there is no dominant view of the world." He said there has been a "cultural shift" where many people are now searching for answers without any strong spiritual guidelines.

This confusion, Halverson continued, has led to the rise of "cults" such as the Unification Church, with its leader the Rev. Sun Myung Moon, and the Hare Krishna sects. Young, affluent adults between the ages of 17 and 25 are usually attracted to this type of religious activity because it provides them with "easy answers and support" during a time of transition.

"These cults are a moratorium on growing up," Halverson added.

The Christian Church must do more discipleship to



encourage one-on-one relationships with its young people, Halverson stated, because these cults "are fulfilling a desire for more personal interest from religious programs."

In the second category, Halverson cited palmistry, astrology, est and other mystical disciplines associated with the human potential or "New Age" movement. Halverson said participants of new consciousness are generally older, well-educated people who are "getting into themselves" after coming out of a disillusioning, materialistic age.

"We live in a society of instant everything," Halverson said, "and now these people are looking for instant spiritual enlightenment."

From a Christian standpoint, Halverson said he feels that these groups are denying the existence of a "personal, moral God." Halverson explained, "They say that God is in all things and that He makes no moral demands."

During a sometimes heated question and answer session, Halverson was asked by a spectator, "What category would the Jesus cult fall under?" Halverson responded that he would not place it in either, although relenting that "a case could be made to place it in the high commitment category."

Many in the audience began exiting as the questions became more theological in content. Towards the end of the discussion, Halverson clarified his position. "I'm all for religious freedom. I simply feel that, as a Christian, these new religions diminish the work and purpose of Jesus Christ."

Surprisingly, there are some Christian ministers in the County who would disagree with Halverson's statements.

Dr. Paul C. Barrett from Unity Church of Truth in

Please see OCCULT, page 3.

NEWS BRIEFS

ENROLLMENT STATS: According to Harold Bateman, dean of admissions and records, fall semester enrollment at SAC totals 27,411. This is an increase of 17.8 percent over 1981 figures.

COMPUTER SEMINAR: "Computers Made Easy," a one-day seminar, will be held at SAC on Monday, Nov. 1, from 10 a.m. to 5 p.m. in the Johnson Campus Center. Topics will include career opportunities and uses of computers in the home. Admission is \$35. For more information call 667-3096.

EATING DISORDERS: There are several self-help groups for the obese in Orange County, among them Overeaters Anonymous, Overeaters Victorious (a Christian group) and ANAD (Anorexia Nervosa and Related Disorders). For information and contact phone numbers, call Kathy Clinkenbeard at 979-3293.

INDOCHINESE WOMEN: A free, one-day seminar titled "Indochinese Women: Employability and Career Choice" will be held at SAC on Saturday, Oct. 30, from 8:30 a.m. to 3:30 p.m. in the Johnson Campus Center. Keynote speaker Mary Yunt will discuss problems facing women in today's labor market. For more information, call 667-3058.

BARBARO ON CAMPUS: Democrat Frank Barbaro, senatorial candidate for the 32nd District, will speak at SAC on Wednesday, Oct. 27, at noon on the East Balcony of the Johnson Campus Center. The event is sponsored by EOPS Club and MEChA.

CONVERSATIONALLY SPEAKING: Author Alan Garner will hold a seminar on ways to start conversation, keep them going, avoid rejection and interest others on Saturday, Oct. 23 from 9 a.m. to 4 p.m. There is a \$15 fee. For more information, call 667-3096.

PLANETARIUM: SAC's Tessman Planetarium will present "Spaceborne" on Tuesdays Oct. 27 and Nov. 2, 9, 16 and 23. \$1.50 adults; 75¢ children, SAC students and seniors.

SENIORS TENNIS: Oct. 23 and 24, 30 and 31 will see a Seniors' Tennis Tournament at SAC. The event is open to adults 50 years or older. It includes singles, doubles and mixed doubles. The entry fee is \$10. For more information, call New Horizons at 667-3058.

NEW LUNCH IDEA: Beginning Oct. 26, a new lunch menu will be offered in the campus cafeteria. The menu will include hot entrees, side dishes and condiments, all served buffet style. Prices will start at \$1.59. Examples of the types of lunches being served will include: Hot carved meat sandwich, Mexican Fiesta, Just Souper, Pasta Extravaganza and Fish and Chips.

BEWITCHING COSTUMES: Student Activities will sponsor their annual Halloween judging contest on Friday, Oct. 29, between noon and 12:45 p.m. on the east balcony of Johnson Center. The prizes are as follows: 1st place - \$50, 2nd place - \$25 and 3rd place - \$15. All staff, faculty, administrators and students are invited to participate.

To interested voters:

Mayor Tom Bradley needs volunteers for his Orange County telephone bank. If you can make just a few calls in his behalf shortly before Election Day, he'd appreciate it. If you can help, please call Kim Karie at Democratic Headquarters, Westminster (894-0566).

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ATTENTION BINGE EATERS -- Have you been gorging yourself with food and then purging it by vomiting or with laxatives? Do you feel helpless to change this behavior even though you desperately want to? Is there no one for you to talk to about this? A group is now forming at the Alpha Center in Placentia under the direction of a Clinical Psychologist to help you change and control your eating patterns. For more information call the Alpha Center at (714) 993-4400.

Security handles crises

by Helen Baker
Staff Writer

Just how crime free is SAC? If a student needed emergency medical treatment would the SAC police and medical staff respond in time?

According to Lemuel Bonilla, dean of Police and Safety, a study compiled last April shows SAC with the lowest crime rate of the surrounding community colleges.

Bonilla says there are two reasons for this. SAC officers are seen all the time doing public relations on campus such as stopping to talk to students and staff. "The officers handle the little stuff before the big stuff brews," said Bonilla. "Our officers are the best qualified and the best trained," he added.

Bonilla explained, "The SAC officer goes through the basic academy; California Penal Code Section 832 requires 280 hours of training. SAC officers receive a constant update on cardiopulmonary resuscitation, Mace and first-aid techniques."

The emergency procedures are outlined for each instructor to follow, according to Bonilla.

"An officer is dispatched to the scene and the Student Health Center is notified. The nurse makes the final decision on what to do in the case of an injury," said Bonilla.

Mary Jane Carbone, who is in charge of health services at SAC, explained, "We hear the same dispatch as the officers and often get there simultaneously. A nurse takes over and administers first-aid. If the paramedics or an ambulance are needed, the SAC nurse will radio back over a walkie-talkie to the Student Health Center."

Most problems are handled right at the Health Center. Carbone says, "Our organization at SAC has a system for responding to and reporting emergencies."

As an example, Carbone described this incident. "The campus police were dispatched to a building where an emotionally disturbed student was throwing chairs off the balcony. The student was talked to and eventually brought back to the Student Health Center."

Devon Trahan, a SAC officer since 1979, recalls only a couple of emergency situations. "Once a student had an epileptic seizure and I had to apply first-aid. The other time a student fell down some stairs and cracked his head. I had to stop the bleeding," Trahan explained.

Officer Trahan is one of 17 fulltime SAC officers. In addition, six reserve officers help service SAC and the four off-campus locations, according to Bonilla.

SAC's Chief of Police, John Monreal, said that a majority of crimes at SAC involve such things as stolen batteries and radios and other misdemeanors.

Monreal explained, "Nothing justifies carrying fire arms. At SAC, two officers work together and there are three working the evening shift. In any incident, major or minor, the Santa Ana Police is our right hand and comes to our aid usually in two or three minutes."

Confirming, Bonilla says, "The typical crimes include a 488, which is a petty theft. Very seldom do we have a major crime, mostly just a possible crime."

"SAC officers' weapons include a baton which they use only at night and Mace," Bonilla explained.

The baton is not used during the day to ensure good public relations. It is also a Santa Ana College policy that the SAC officers do not carry a gun.

Bonilla says, "Not carrying a gun hasn't been a problem yet and the need hasn't occurred to date."

Bonilla suspects the SAC officers think they do need to carry a gun.

Dispatcher and part-time SAC officer Trudie Quak has been on campus for nine months. According to Quak her exposure to crimes has been minimal.

Quak said, "I have sent officers to break up fights when they get out of hand or where alcohol is involved."

Quak & Trahan confirmed Bonilla's suspicions that officers want to carry a gun.

"If a girl was being stabbed, I couldn't do anything about it especially in the daytime without even a baton to help. When you walk up to a car, you never know what you are up against," said Trahan.

If the person inside had a gun, Trahan added, "I guess I would try to get the weapon before being shot."

Task force to examine what cuts can be made

by Jerry Rice
Co-Editor

A task force has been established to determine where cuts in programs can be made to help reduce Santa Ana College's overall expenditures.

SAC President Bill Wenrich noted at the group's first meeting, Sept. 21, that the institution faces a decrease in income of \$1.5 million, and an increase in expenses of approximately the same amount.

Wenrich said the task force, of which he is the chair, will assist him in making recommendations to the Board of Trustees by December on how the cuts should be made.

What they will be deciding is how reductions can be made to decrease the school's budget by 5 percent. Basically, there are two options, according to Wenrich:

- Across-the-board cuts where every program sacrifices the needed amount.

- Substantial reductions in selected programs which would add up to the needed 5 percent.

"Across-the-board cuts dilutes the quality of everything when you do it like that," explained Wenrich. "It is better to review programs intensively and cut back on some."

What the group is now pursuing is the criteria to use to evaluate the school's offerings.

"How do we judge the effectiveness of a program?" he asked. "Just because it is expensive or has a low number of students, doesn't mean it is not an important program."

One example he cited is the Nursing Department. "It has a super success ratio in passing the exam and in job placement," he said. "The student/teacher ratio is low compared to the rest of the college, but is high compared with other colleges."

One effect of the program cuts is a reduction in the number of people employed by the school.

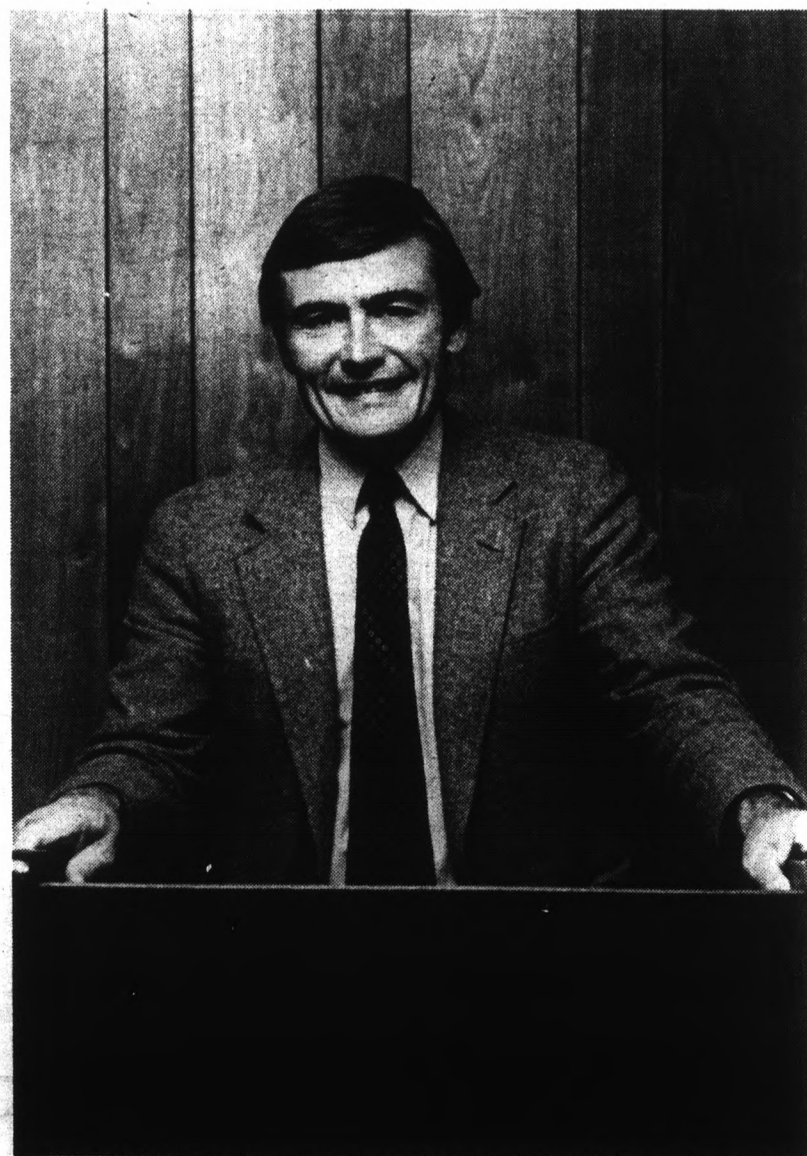
Personnel costs, according to the president, account for 80 percent to 85 percent of any given budget.

"That is the difficult part," he said. "You could put freezes on, but that is a non-selective selectivity."

"The selection is by who retires, dies or gets fired," he continued. "But maybe that is the area that most needs people."

As programs are cut, he said there will also be corresponding reductions in administrative personnel. "You don't just cut administration abstractly," he said. "You cut with respect to areas you want to reduce."

The next meeting, which is open to the public, is scheduled for Oct. 26, at 3 p.m. in the Board Room.



Dr. Bill Wenrich

Bill Threlkeld/el Don

Battered women fight back

by Chris Dugas
Staff Writer

The clowns beckoned gaily, faces painted, clothes tattered, while the warm California sun shone clearly on the campus. But, with each calling gesture, only a few people straggled towards Johnson Center.

The event was "Domestic Violence Awareness Day," co-sponsored by SAC and the Orange County Coalition Against Family Violence, and despite the somewhat meager turnout, the seminar progressed into an informative and educational forum.

In order to focus attention to the serious impact of family violence, the coalition, in cooperation with county police agencies, collected data regarding calls for assistance from Sept. 27-29, 1982, that were directly related to violence in the home.

During these 72 hours, nine felony crimes and 46 misdemeanors were reported and two police

officers were assaulted while responding to the calls. The situation is increasingly grave, authorities said.

The figures collected during this period project an anticipated 28,508 calls related to domestic violence in Orange County in the next year; that is approximately 78 calls per day.

In addition to these statistics, research indicates that one-third of the police officers who respond to these calls will be killed or wounded. Clearly, this is a social disease which can be alleviated only through public awareness and participation.

The seminar opened with a talk by Shirley Ralston, a member of the SAC Board of Trustees. Ralston has an extensive background in working with drug and alcohol abuse, as well as child abuse victims.

She concluded the introduction to the program by stating, "SAC is going to do more and more in the outreach programs in the community. After all, that's what

community college is all about."

Brooke Allison from the Commission on Crime Control and Violence Prevention was introduced as the keynote speaker. Allison voiced a commitment made by the state to become involved in researching the problem.

"The commission is investigative. We hope to make some recommendations based on our reports, and to get the word out so that the problem can be lessened. We want to see to it that these files don't gather dust in some legislative file," she stated.

Jack Scott, president of Cypress College, spoke on the importance of the family serving as the primary social learning experience for children and the ill effect that abuse in the home has on the children of society.

He pointed out that "within the home, children learn values and acquire a sense of self-worth that will form the foundation of how they will relate to others in later life. Family violence must be

stopped in order to stem the epidemic of violence that is prevalent in today's society."

Small group discussions marked the rest of the seminar, all of which focused on specific areas of abuse. Detective B.A. Skipper of the Orange Police Department hosted a small group seminar titled, "Child Molestation - A Problem in Orange County." During this presentation, he played a recording of a child molester explaining graphically how he would seduce a child and specifically what he did to his victim.

Skipper stressed the importance of supervision. "The child molester doesn't wear a sign," he stated. "I have been thrown out of homes investigating reports that a child has been molested by a close family friend. People do not want to acknowledge this problem."

The detective also pointed out that pedophiles often victimize groups such as Boy Scouts, Big Brothers, parks and video arcades where they lure children with

money, gifts and most often unequalled attention.

John Taylor, LCSW, Family Services Association, directed another group. Taylor spoke of abusive men - the Dr. Jekyll - Mr. Hyde syndrome. He stressed the fact that almost all abusers were once themselves victims and that the only hope for alleviating this problem lay in counseling for both the victim and the abuser.

"These men have learned to express anger in explosive, violent rages," said Taylor. "This is a learned pattern that, unless treated, will generally result in repetition of abusive behavior in subsequent relationships."

All of the groups were informative and enlightening and the seminar, as a whole, was successful in making the people aware of the seriousness of this dreadful social disease of violence in America.

In an effort to visualize the impact of abuse, one need recall only two of its victims: Lee Harvey Oswald and Charles Manson.

Occult

Continued from page 1.

Orange, commented on this attitude prevalent among more conservative Christians. His organization is the largest of the Christian "New Age" ministries in Orange County.

Speaking in his church's office, Barrett said, "They don't understand what it's all about. They draw opinions that are, for the most part, shaded by their own beliefs."

When asked about Halverson's assertion that metaphysical aspects of the "New Age" movement are a danger, Barrett replied, "No, I think it adds more depth to the teachings of Jesus Christ. It makes our relationship with Him more meaningful."

While Barrett says that a "New Age" person believes in the divinity of Jesus Christ, he also believes in the "possibility of Jesus" in all men. He feels that Christ was a "way-shower" and that people should continue to search for the kingdom of heaven inside themselves.

"We do not believe His work has been done for us," explained Barrett.

Barrett also believes that Christians should be more tolerant of other religions. "While I feel that Christ is the greatest of all teachers, I don't see how they can deny that others have spoken great spiritual truths."

Someday Barrett hopes to see a union of all Christians because he feels true "New Age" worshippers know that love is paramount over all things."

Rev. Edward Tarlton of the Psynetics Research and Education Foundation in Anaheim has a similar vision of uniting the metaphysical with traditional Christianity.

Tarlton maintains that one can find references to the metaphysical, the occult and mystical in the Bible. He says he tries to work as a "bridge of understanding" between old-line Christians and "New Age" disciples.

"Frankly, I see these people (SCP) as warring with semantics," Tarlton stated.

To better understand his perspective, Tarlton reviewed his personal background. As a youngster he had many strange spiritual experiences that he wanted to understand. "But the ministers didn't have the answers," Tarlton said. So, he embarked on a study of ancient religions to find out why modern man wasn't capable of doing miracles. Later, he found himself back with the Bible.

"I found that not a great many are truly familiar with the Bible," Tarlton explained. He says that 99 percent of all the metaphysical and holistic knowledge he teaches comes directly out of the Bible. If Christians would allow themselves to become directly connected with a higher dimension, he said, then "their lives would be made better by it."

"Many Christians believe that pain instead of pleasure is God's will. I tell them if there isn't a real power directly involved with their lives, then something's wrong."

Referring to the cult groups Halverson and the SCP investigate, Tarlton commented, "Churches seem to need a scapegoat every once in awhile. First it was movies, then TV, and now the cults. And each time they say, 'This is what the devil is doing now.'"

SAC philosophy instructor Dr. James Christian is another who believes in tolerance and understanding towards other faiths.

Asked to comment in the SCP lecture, Dr. Christian said, "I'm not sure anyone outside can say anything negative

about a religion. Once he does, it means he has missed the religion."

"The fact that they believe it, it works for them and transforms their lives," Dr. Christian elaborated, "means the religion can only be a positive, subjective experience."

"It is a whole thought and feeling process," he added. Many people around SAC, Dr. Christian feels, are saying negative things about religions. "All of us are just trying to be human. So all of them are good, as long as people don't get nasty about it."

Although Dr. Christian dislikes the word "cult" because of its derogatory implications, he is wary of some of the newer movements.

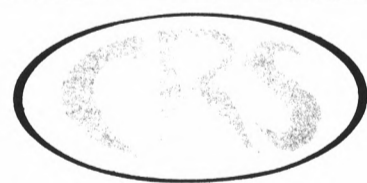
He explains, "I get scared when any group - the KKK, the Nazis, religious cults - get blind power over people."

Arrogant people are the real danger in society, Dr. Christian said, not ideologies. Arrogance only leads to the person not knowing himself because he cannot honestly grow. It is a danger to others because it blinds one from empathy. And lastly, Dr. Christian continued, arrogant people want political and economic power "simply to clobber other viewpoints."

Dr. Christian personally sees no threat in the mystical movement. He said, "They arise in history when people feel a deep anonymity - nameless and powerless. In mysticism, the cosmos recognizes you as an individual."

In summarizing his general feelings towards religious criticism, Dr. Christian stated that humans "should be given complete freedom to make up their own minds."

He then divulged one of his favorite quotes from a Greek philosopher that said, "The heart of so great a mystery can never be reached by following one road only."



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It's time to end the ancient rites

The archaic, sexist tradition of parading and selecting SAC's most nubile maidens is upon us again.

Admittedly, in recent years, an attempt to legitimize the Homecoming Court election proceedings has been made by having each sacrificial virgin sponsored by a campus club or organization. Yet the true meaning of the Homecoming Queen and Princesses cannot be masqueraded beneath a flimsy veneer of proffered rewards for social involvement.

A few years back, a friend of ours, Deirdre Park, was selected as a May Day maiden at Chadwick School in Palos Verdes. She and her sister select were given the honor of draping the Maypole with garlands and ribbons in the traditional celebration of Spring.

Park either intuitively or historically understood the symbolism behind this rite of fertility. She appeared for the celebration in red hot pants (in strong counterpoint to the others' virginal white) for the ritual worship of the phallic pole.

When criticized for her choice of clothing, she said, "Why pretend the ceremony is anything other than what it really is? It's a celebration of our subservience to men." She made her point.

Just as a debutante's ball is a thinly disguised presentation of a now sexually mature woman to prospective buyers, SAC's Homecoming Court is an obsolete sexist tradition that serves to perpetuate stereotypes by reducing participating women students into mindless faces and bodies for the viewing pleasure of mindless males.

The fact that the women students participate voluntarily is small comfort: oppressed minorities are often unconscious perpetrators of the same limited cultural restrictions they would strenuously reject on a conscious level. We wondered how many of the participants would follow through if they saw the event as we do.

Apparently, quite a few. Three candidates interviewed agreed that the ritual was obsolete, but were going through with it for the "ego boost."

Some ego boost. It's a powerful statement on the level of some SAC students' political awareness.

el Don would like to see SAC students follow the precedents established some years ago by Santa Monica City College and University of California, Davis. They elected for homecoming queens, respectively, the male transvestite, Goldie Glitter and a pig.

Morgan Blair



But seriously folks



by Julie Bawden
Co-Editor

It may be a good idea to use juvenile jingles

We play games throughout our lives, as children and then as adults. Just because we "grow up" doesn't mean that we stop them. On the contrary, the sports get much more complicated and intertwined.

If you'll look back, you'll notice that as children, we have very expressive retorts to remarks we find offensive. Wouldn't it be so much easier, instead of trying to find the "right" reply, to say what you want to as you did when you were a child?

Let's view the theory by using some hypothetical situations.

Suppose you are sitting in a job interview, and the man behind the desk is finished asking you questions.

Coughing a little he says, "Um, Miss Smythe, I'm sorry but you're not quite what I had in mind. Your qualifications are excellent, please don't misunderstand me, but we just won't be able to use you in this office."

Well, you could be "adult" about it and grit your teeth before you smile and sputter, "Well, uh, I'm sure I could do the job, but I guess if that's not what you're looking for, that's not what you're looking for."

Yet at the same time your mind is screaming: Liar! So why not get it off your chest? You could smile in hysterical glee and yell at him, "Liar, liar, pants on fire, your nose is as long as a telephone wire!"

Now you weren't being nasty or anything, actually you appeared quite poetic.

But let's view another situation. Suppose you are in class and you receive a paper that you spent a lot of time on and on which you thought you did well. You get a C on it and are quite astonished.

After class, you approach the teacher and

ask, "I thought this was a pretty good paper, Mrs. Stein, what's wrong with it?"

She replies impatiently, "It just wasn't what I wanted."

Surprised at her hostility, you could back away so as not to get on bad terms with her. Or you could just tell her how you really feel and relieve yourself of all the frustration pent up inside of you by yelling, "Up your nose with a rubber hose!"

And she could play the game too. "Well, in your pants with a bag of ants!"

For the last trial scene, let's assume that you work at a job where you serve the "public" (that monster which is often hard to please). You are working as a teller at the drive-up window of a bank. A man pulls up and wishes to cash a check. Being the rude, obnoxious, demanding customer that he is, he asks for \$200 in ones for the check. You are unable to give him that many ones and politely tell him so.

"I want ones!" He screams into the microphone, practically ripping off your ear and making all heads turn.

You could swallow your pride and answer the madman with a brief, "I'm sorry sir, that's the best I can do for you." Or you could really put the guy in his place and scream in derision, "Well, nanny, nanny boo boo, stick your head in doo doo!"

As he furiously threatens to kill you and calls you all names imaginable, you might stand in your fortress and proclaim, "Sticks and stones may break my bones, but names will never hurt me!"

How much more eloquent and honest are the childish jingle retorts. They really should be used in everyday occurrences. I'm sure they'd reduce daily pressures and keep a lot more people happier. Cross my heart and hope to die, stick a needle in my eye.

to the Editor

el Don

el Don is a free newspaper, funded by the Rancho Santiago Community College District. Published weekly by students of Journalism at Santa Ana College, el Don is dedicated to the task of serving the truth and informing its readers.

Staff columns and commentaries are the opinion of the author and not necessarily of el Don. Editorials reflect the majority of the Editorial Board and carry the el Don signature.

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Letters

Student advises Maybury-Mckim

Dear Editor:

After reading your recent front page interview with Ms. Joanne Maybury-Mckim, I was so inspired I would now like to publicly offer some advice to Ms. Joanne Maybury-Mckim, as a feminist and one of her former students:

Dear Ms. Joanne Maybury-Mckim,

I know it's cool and all, but could you quit hyphenating your name? My hand cramped-up writing this letter.

Oh yeah! And maybe if you relaxed a little and were a person rather than a feminist lexicon, people would be more receptive to you and your ideas (very, very intimidating ma'am, uh, "Ms.")

Which reminds me! If I were you (though it's obvious I'm not smart enough, pissed-off enough, nor do I have enough sur-names), I would watch my step. No, no, no, not so that the "big boys upstairs" don't step on my toes, but so that later I

won't have to eat my ten dollar words with a spoon.

OK--so the administration "opposes a free forum of independent ideas." Well, I used to go to class just to see your neck break out in a rash when I would disagree with you! Yeah, you'd let us talk in opposition to your own views sometimes, but you'd practically bring out pom-poms when a feminist (that is, a feminist sharing your style) spoke out. If opposing views weren't shot down with a barrage of feminist jargon, they were met with a condescending nod. Boy, I know I felt free to express my independent ideas in that forum. My advice? Practice what you "teach."

Which reminds me! Crazy ol' me thought that when I signed up for a History of Women class, we would primarily be studying women in history. (Maybe I should have taken a forensics class). Instead, as I recall, we did an in-depth study of what dirty-low-down-scheming-power-hungry-white-pig-males (hyphens added for your comfort) the administration consisted of and, how you

were going to sue the dirty lice for all those months of torment. I no more wanted to hear about that than I would Dr. Wenrich telling me to "shut up and be a good girl." It's all the same, 'ya know?

I learned diddle-squat in that class because you were so busy raggin' on the administration, et al., and shooting down the



establishment in an attempt to open our minds, you forgot to help us fill them with information-to help us to LEARN. No, education is not just memorizing data, but you've got to collect some before you can process it, 'ya' know?

Anyway, you being the open-minded person you are, I knew you would receive this little bit of

helpful advice in the spirit it was given.

Since I'm sure kissing and making up with Dr. Wenrich is out of the question, may I just wish you good luck(!) and may the best, uh, human be enlightened.

Yours more truly than ever,
Pamela Kling

Reader attacks Anti-12 position

Dear Editor

In reference to Oct. 15 el Don "Two views on Nuclear Weapons Initiative" CON: There is no evidence that a Freeze would limit our strength in Arms Reduction Negotiations, thereby putting the U.S. in danger. Quite the contrary: without a freeze, billions of dollars will be spent as each week of the negotiations drags on. New weapons will be built as they talk about dismantling old ones. Each new bomb brings us closer to destruction.

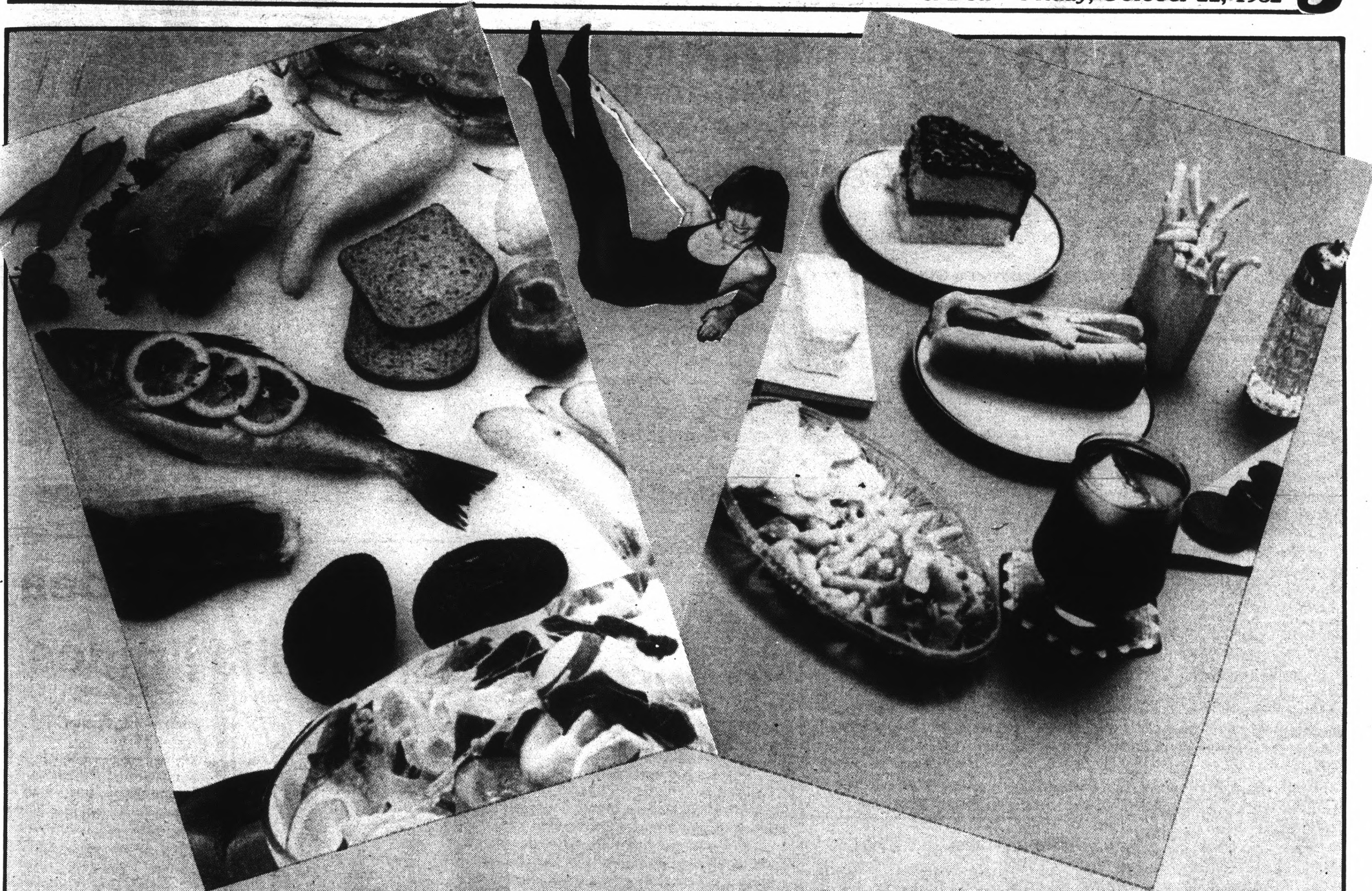
"Can we trust the Russians?" is a constant question regarding a

freeze. We don't have to trust them, we have means to verify compliance without it. Those who criticize and say we can't verify are the same people who support the Reagan START Negotiations -- which are dependent on the same means of verification!

We don't want war, the Russians don't want war -- because NO ONE WILL WIN! As Dr. Helen Caldicott said last week at Occidental College -- "We are all in the same lifeboat, Earth. If you don't like the person at the other end of the lifeboat, you don't put a hole in his end. You stop acting uncivilized and find a way to get along or neither of you survive."

The first step is Prop. 12! We the people have this constitutional right to say no bombs, no war -- we want to live!

Sincerely,
Diane Valentino
O.C. Alliance for Survival and Freeze Campaign and SAC Staff/Student
P.S. Come to SAC Alliance for Survival meetings for more information on the arms race!



THE FITNESS CRAZE

by Carol Roberts
Feature Editor

Once upon a time in the land of the free, people worked hard all day at backbreaking labor. The men tilled the fields, while the women made candles and soap over an open fire and hauled water from the well.

Fitness was not a problem. Then, along came the industrial revolution. Some very clever people invented the tractor to plow the fields, electric stoves, vacuum cleaners, washing machines and, of course, the ubiquitous television set.

Freed from physical labor, Americans parked themselves in front of the magic box and began to gain weight.

For years it became an accepted fact that the body turns fat and flabby with age. No one questioned, as our national health went down the drain.

Then, one day, someone did question. Suddenly, the whole country was asking, "Why?" And since no one had a good answer, a new revolution was born — **The Fitness Craze**.

The hourglass figure and the beer-belly became passe.

Today, this is in. Jane Fonda, whose workout book is a best-seller, because her 40-plus-year-old body is as supple and bronzed as an 18-year-old, has become the standard of attractiveness.

How is America dealing with this new standard?

Some people jog, like SAC President William Wenrich. Others work-out, play tennis or take up dancing — anything to get into shape.

Many, unfortunately, fall into unhealthy habits.

Students can be seen suffering from anorexia, starving themselves almost to death, to attain today's ideal figure.

Others binge and purge, as the ancient Romans did, suffering terrible mental anguish over the weakness.

Many desperate young people turn to dangerous fad diets or end up strung-out on amphetamines or barbiturates in an attempt to quell their natural physical desire for nourishment.

Suspected carcinogens (cancer-causing substances), such as artificial sweeteners, are consumed en-mass by a public anxious to fill their hungry bellies with low-calorie or no-calorie foods.

Calorie has become a magic word. It is the key to the entire revolution. And yet, many people do not really know what it is.

According to SAC Health Education instructor Frank Addleman, author of **Nutrition, Its Effect on Health and Performance**, "a calorie is a measure of energy."

"When we apply that technical term to nutrition," Addleman says, "we simply mean that a calorie is the amount of energy in a food. Just being alive burns calories. The more active we are, the more we burn. The food we eat replaces the calories we burn."

The cardinal rules for weight control, he says, are:

- If you burn more calories than you take in, you will lose weight.
- If you take in more calories than you burn, you will gain weight.

"One pound of fat yields about 3,500 calories, so every time the body takes 3,500 calories from the fat reserve, one pound of body weight is lost."

According to Avril Lovell, a registered dietician with a Master's Degree in nutrition and chair of the Family and Consumer Studies Department at SAC, we need to eat a balanced diet to be healthy and fit.

Lovell suggests four slices of whole grain bread (or the equivalent in pasta and cereals); four servings of fruits and

for the body to function properly, she said. She also emphasized a need for vitamin C.

"There are lots of marvelous sources of vitamin C," she said, "such as orange juice, grapefruits, tomato juice and papayas."

If time limitations make it necessary for the student to eat on the run, how can he or she get the needed nutrients to stay healthy and fit without getting fat and flabby?

Lovell says that it is important to make the right choices. She suggests a salad bar if there is time, but cautions that the dressing (unless there is diet dressing) contains about 85 calories per level tablespoon, so it must be used prudently.

Fast-food Mexican restaurants might be a good choice, Lovell commented, since there are some fairly healthful selections available there. She recommends the tostada, which contains a combination of beans and a tortilla to make up a complete protein, as well as providing lettuce for roughage without overdoing the red meat. Leave off the special sauce, she advised.

Lovell said that she tends to avoid the chicken places because, even though chicken is an excellent selection if prepared properly, fast-food chicken tends to have little meat and a great deal of breading, dripping with fat, which is not desirable nutritionally.

"Most of us," Lovell continued, "unless we are highly athletic, don't need more than about 1,700 calories a day."

Consulting a chart from **Forecast for Home Economics** magazine, Lovell pointed out that a visit to McDonald's might use up almost the entire daily allotment of calories.

"A Big Mac has 563, add regular fries at 220, a chocolate milkshake at 383 and that is 1166 calories," she said.

"A better choice, if you were going to eat there, might be the smaller burger or the burger that has the lettuce on it. I throw out the extra piece of bread."

"They do have milk or orange juice to drink, although I don't know if it is non-fat milk," she said, indicating that those would be the most desirable beverage choices.

Even though diet pop has few calories, she does not recommend it.

"One of the concerns about drinks that contain phosphorous is that the calcium-phosphorous ratio of the body can become disproportionate. This seems to interfere with proper use of calcium by the body and can lead to osteoporosis in later life. The body pulls the calcium out of the bones for so many years that the bones simply become brittle."

Analyzing the vending machines, Lovell said that sandwiches on whole grain bread would be a reasonable choice, especially the tuna. Luncheon meats contain too much fat, she cautioned.

The much-maligned egg is not a bad choice, according to the nutritionist, unless one comes from a family with a history of atherosclerosis or heart disease.

"The World Health Organization ranks the egg as the most perfect protein food," she said. "It is a good source of iron and vitamin A and contains only about 70 calories. Young people and, especially, young women have no real problem with even one egg a day."

The fruit in the vending machines is an outstanding choice, according to Lovell, who also indicated that the burritos may not be too bad.

Both Lovell and Addleman stressed that fitness and good health require a good diet.

Addleman adds that regular exercise is also essential.

Calorie counts for fast foods

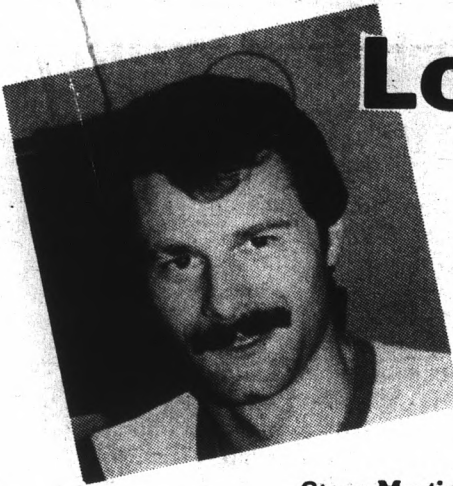
Kentucky Fried Chicken	
Thigh (extra crispy)	107
3-piece special (includes chicken, mashed potatoes, gravy, cole slaw, roll)	660
corn on the cob	135
Taco Bell	
Taco	186
Beefy Tostada	291
Burrito Supreme	457
Arby's	
Junior Roast Beef	220
Roast Beef	350
Super Roast Beef	620

McDonald's	
Hamburger	255
Cheeseburger	305
Quarter Pounder	424
Big Mac	563
Filet of fish	432
Regular fries	220
Egg McMuffin	312
Apple pie	253
Baskin-Robbins	
1 scoop of ice cream w/sugar cone	229
Pizza Parlor	
Sausage pizza (1/2 of a 12-inch pie)	192

vegetables, including one dark green vegetable; two glasses of low-fat milk; and four to six ounces of meat, fish, fowl, or some other protein food each day.

Fiber, which is found in the grains, fruits and vegetables is very important

"There are not very many good choices available there," she said. "You can get mashed potatoes and gravy or cole slaw, pies or biscuits. Those provide too many calories for the average person."



Steve Martin

by Morgan Blair
News Editor

To those who have never had a weight problem, it might seem that the simple solution would be to eat less and exercise more. Yet, it doesn't appear to be that simple. Each of the thousands of SAC students who has confronted a weight problem has a unique story to tell.

For example, SAC Nutrition major Lionel Cooks' weight problem had an unusual source. Cooks had lifted weights for years, but slacked off on his regimen and promptly gained 60 pounds of flab.

Last February, Cooks put himself under the guidance of "Monster Maker" Jack O'Brien, who prescribed a strict diet of fresh, unprocessed foods and dictated a workout program six days per week, pushing Cooks to the point of "failure," or inability to perform another repetition.

As a result, Cooks lost the 60 pounds in two months and regained his well-defined muscularity. "I feel better about life in general," he related. "And because I look so much better, I'm more confident."

SAC student Steven Martin, 27, weighs 160 pounds and stands six feet one inch tall. In high school, however, he tipped the scales at 260.

"I was a compulsive eater," he said. "If I wasn't busy doing something else, I'd eat."

But when he was in tenth grade, Martin tired of being the laughed-at fat boy. "I was sick of being fat, so I starved myself. I went down to 140 pounds, which is far too low for a man with my build."

Losing is winning

SAC students lose weight, calling it a new lease on life

Undernourishment took its toll, and Martin went into psychotherapy when he was 20. "It was very beneficial," he related.

As a result, Martin made a commitment to himself to take care of his body. "I try to eat normally, I work out at a gym and I study dance. It's satisfying to have a good-looking, in-shape body, especially for those of us who have known what it's like to be fat."

SAC Human Development major Kathy Clinkinbeard, 20, took perhaps one of the toughest roads to normal weight.

Her top weight was 220, reached at the age of 16. She doesn't know her current weight, explaining that "I am so obsessed with weight that I don't weigh myself."

"In my case it's important to remember that fact is just a symptom of bulimia, an eating disorder characterized by gorging and not, contrary to general belief, followed by induced vomiting. So just because I've lost so much weight doesn't mean I'm no longer a bulimic." Whatever her actual weight, Clinkinbeard appears to be in top shape.

"For many people, including myself, weight is the symptom and not the disease. You can get an alcoholic sober, but that doesn't resolve the underlying problems. When you deal directly with the real issues, the symptoms go away."

Like Martin, she starved herself in her mid-teens. She lost 70 pounds and was successful in keeping them off for about three years. But at 19 she began to gain again and sought help through psychotherapy. Unlike Martin, it didn't help.

"Therapy brought up all the feelings that I'd been repressing, but it didn't equip me to deal with them. So, like I'd always done before, I ate to repress them. While I was in therapy, I gained 40 pounds," she said.

Clinkinbeard compares her attitude towards food to an alcoholic's feelings about alcohol. "I even dropped out of college because I'd find myself waiting for class to be over so I could get something to eat, like an alcoholic would schedule his day around a drink."

As her self-esteem dropped, her weight rose even more. The turning point came while she was employed as a secretary at UCI Medical Center.

"I came across a pamphlet about Judy Hollis, the director of the Eating Disorders program at Care Unit Hospital in Los Angeles. I attended a speech by her, and discovered that I had nine of the 10 symptoms of a person with a severe eating disorder," she recalled.

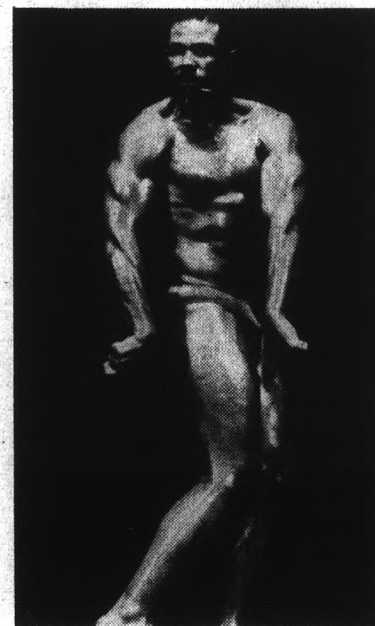
Clinkinbeard checked into the hospital last July for a month-long stay, and last week completed her out-patient involvement. She continues to attend groups to discuss her problem with others similarly afflicted.

"For many people, including myself," Clinkinbeard reiterated, "weight is the symptom and not the disease. You can get an alcoholic sober, but that doesn't resolve the underlying problems. But when you deal directly with the real issues, the symptoms go away. In my case, this was the weight."

She concluded, "Losing the weight was the icing on the cake. The real satisfaction is derived from finally addressing the underlying causes of my compulsions. Before, I was like a zombie. Now I am going to live."



Before (above) and after (below) pictures show the remarkable change in Lionel Cooks, as he lost 60 pounds and firmed up.



As America 'gets physical' aerobics and fitness classes skyrocket in popularity

by Chris Dugas
and Carol Roberts
Staff Writers

"Let's get physical," sang Olivia Newton-John. Although she wasn't talking about an exercise program, the singer's words expressed the craze that has hit America.

Everyone is getting physical. P.E., once a dreaded class that only jocks enjoyed, has blossomed.

Most popular of the new forms of exercise right now seems to be the aerobics class.



Gil Levvas/el Don

Aerobics instructor Sherry Morton works with her Tuesday night class which meets at El Modena High School. The course is Aerobic Fitness 155.

Set to music, these classes give the student an hour of stretching and moving. In that hour the muscles are toned and heart rate is increased to provide optimum physical condition and it is popular and "almost fun," say those who participate.

According to SAC instructor Rose Argo, "Students who take the time to work out and do something physical will do better academically, because exercise releases tension and keeps one healthy and fit."

Keeping up with the times, SAC offers aerobic activities classes for adults, while Community Services offers "Kids aerobics" for the younger set.

Adult or child, "I feel that it's beneficial to everyone," said instructor Sherry Morton about the aerobics class she teaches.

"Whether you are interested in dance, in sports or just generally want to keep fit it's excellent for the cardiovascular system," she said.

SAC nutrition and fitness teacher Frank Addleman pointed out that there are actually two distinct types of exercise, aerobic and anaerobic. The best exercises for burning calories and toning the body are the aerobic ones," he said.

"The word 'aerobic' means with oxygen," he continued. "These are exercises that stimulate and strengthen the heart and lungs."

Besides the currently stylish aerobic-dance-type classes, Addleman says that excellent fitness activities include jogging, rope jumping, swimming, stair climbing, cycling and even walking briskly, in short any exercise that gets the heart pumping for a sustained period of time.

In spite of budget cuts that severely affected the so-called "recreational classes," there are still many aerobic exercise and fitness classes being offered at SAC.

The school also boasts a Fitness Analysis Center, which actually tests the student's ratio of body fat, percentage of cholesterol and other health factors. The class, called "Individual Fitness Analysis" is run by baseball coach Don Sneddon. After the fitness level is determined through the tests, an exercise program is fitted to the individual student's needs.

With the new emphasis on fitness and health, enrollment in physical education classes is high. Many of the classes are filled by the first session.

A recent survey indicated that over 2,500 students were enrolled in P.E. because they felt that "exercise is needed for the body," and that "physical education is important for physical, emotional and mental well-being."



by Karen Wagner
Staff Writer

"We're all looking for magic and it is none," said Family and Community Studies chair Avril Lovell, about diet aids.

She pointed out that most people diet with pills or try wonder reducing the aid to do all the work, while maintain their old, poor-eating patterns. This results in thousands of unsuccesful diets each year.

Starch blockers are the latest to infiltrate the market, which has become a mecca for flim-flam men since the craze started.

According to their manufac



by Julie Aguilar
Staff Writer

Warning! Breathing, eating, excessive exposure to the sun, ultraviolet rays may be hazardous to your health. Sounds a bit ridiculous, doesn't it? Well, many people believe it.

This year, according to the American Cancer Society (ACS), about 430,000 people will die of cancer. That is 1,180 people a day, or one every 73 seconds.

One out of every five deaths in this country is cancer related. The ACS has claimed such notables as Albert Einstein, Wayne, Humphrey Bogart, Greta Garbo, Mier, Walt Disney and Babe Ruth.

The majority of cancer cases are believed to be environmentally related, according to the ACS. Cancer Facts and Figures, a publication of the ACS, lists nutrients, diet, lifestyle, personal habits and even the community in which a person lives, may all be possible links to whether or not that person will contract cancer.

"A lot of people think that there is a cancer epidemic," said the spokesperson for the ACS. "The majority of cancers are going down, because we have better methods for detection."

Nevertheless, it still seems that every week or so someone, somewhere, suspects something else of containing carcinogenic (cancer-causing) chemicals. Are these reports valid?

"Does everything cause cancer?" an article provided

Anorexia

by Junior Arballo
Staff Writer

Helen walks to class.

She could be any student. There's nothing obviously different about her, she has many friends, a few boyfriends, a loving family.

Her friends notice she is losing weight and ask her why she does more. She tells them, "I'm just too thin."

Helen has "always been" anorexic. She diets even though she is almost 20 pounds too light.

Her mother worries about her. She has to eat enough, so her mother has to understand why she is so skinny.

Helen's mother does not know that Helen eats, she goes into the bathroom and makes herself vomit.

Diet aids: Dieters seek magical solution to weighty woes, but find that willpower doesn't come in a bottle

these pills cause starches from sources such as potatoes and pasta to pass through the body without being absorbed. This, essentially, provides calorie-free eating for the dieter.

The catch, says Frank Addleman, SAC Fitness and Nutrition instructor, is that most of the calories we consume are not starch, so the blockers would have minimal impact on weight loss over a period of time.

Since prolonged use of these pills can cause diarrhea, cramps and lethargy, the trade-off is hardly worth it.

On Oct. 5, starch blockers were ruled to be drugs and banned for sale by Federal Judge Nicholas J. Bua. Before they can return to the market, they must

be tested and approved for use by the Federal Food and Drug Administration (FDA).

The question of the safety of diet aids were highlighted by the recent flap over starch blockers, but it has been a long-standing controversy.

In 1978, for example, the FDA had received reports of 58 deaths associated with the popular liquid protein diet. There were also many reported illness in connection with that diet product, which was outlawed.

Proving that you can't keep a lucrative idea down, a new low-calorie, high protein diet, remarkably similar to the culprit that caused all the trouble, has recently surfaced.

The new rage is called the Cambridge diet and according to nutritionist Lovell, it is only one percent away from falling into the forbidden category of the protein diet.

Not everyone goes to the extreme of using a liquid protein diet or a starch blocker. Most dieters try an over-the-counter diet aid, such as Aids or Dietac, at some time or another.

Mary Carbone, coordinator of SAC's Health Services, is adamant in her belief that these products can be seriously harmful, simply because people use them without checking their health factors with a doctor.

Some of these supposedly harmless aids have been questioned as possible carcinogens.

Diuretics also play a part in the dieting craze. Addleman said that constant use of diuretics could cause kidney problems. He added that they are ineffective for weight loss, because they don't cause a loss of fat, which is what people want to be rid of.

As dieters become more desperate to lose, they often try prescription drugs—amphetamines to suppress appetite and barbiturates to quiet the nervousness brought on by the stimulants. Carbone said that these pills "hype you up," but don't effectively depress the appetite, beside being physically and psychologically habit-forming.

According to Carbone, the only truly effective weight loss technique is a change to healthy, low-calorie eating.

Getting in gear

Drab sweats are out - style is in

by Richard Carballo
Staff Writer

Admittedly, what you wear when you exercise is not as important as that you do exercise.

But, if you want to be more comfortable while you move, look better when you do it and have some money to spend, you have a wide variety of specialized athletic clothing to choose from.

What you wear will vary with the type of exercise you do.

In aerobic dance you will be moving around for an hour or more so you need to wear something that is flexible, snug, lets your skin breathe and that will keep your legs warm. A nylon bodysuit with tights and leg warmers is the type of outfit favored by most women who engage in aerobic dance. "Wearing tights is very important for warmth and mild support of the leg muscles," says Sylvia Turner dance instructor at SAC.

According to the **Complete Runner**, the most important rule to remember when running is to avoid heavy, bulky garments. Depending on the temperature wherever you are running, your clothes will vary from a pair of shorts to a warm-up suit and a pair of mittens. A general guideline for leg care, when running, is that you should have no more than two layers of clothing on your legs. This means just one pair of undershorts and sweatpants. Many athletic clothing lines, like Nike Womenswear and Bill Rodgers and Co., offer nylon singlets with mesh panels that allow perspiration to evaporate better than a cotton T-shirt which will quickly become soaked with sweat.



Leg warmers, both long and short, and striped leotards are among the newest fashions in aerobic exercise wear. White tights and brightly colored dancewear have replaced the old solid black. Gone are gray jersey sweats. They have been replaced by \$125-a-copy brand-name velour warmup suits.

Are the rats right? Does everything cause cancer?

ACS, indicates that the rats are right. The tests should be believed.

A 1969 study by the National Cancer Institute (NCI) illustrates Scientists selected 120 pesticides and industrial chemicals for the test. Investigators then performed experiments on animals in controlled conditions by giving the animals the maximum tolerated dose of a chemical being tested. That means the creatures received the largest dose they could tolerate without adverse effects on their growth, fur, sexual activity, etc. Only 11 of the 120 compounds caused cancer.

Cancer has claimed such notables as John Wayne, Humphrey Bogart, Margaret Mead, Walter Winchell, Jacqueline Susann, Golda Meir, Walt Disney and Babe Ruth.

The National Academy of Sciences (NAS) and the Office of Technology Assessment (OTA) were both instructed by Congress to consider the validity of the tests using laboratory animals.

The report by OTA stated, animal tests are the best current methods for predicting carcinogenic effect of substances in humans. All substances demonstrated to be cancer-causing in animals are regarded as potential human carcinogens...The

empirical evidence overwhelmingly supports this hypothesis."

Adding to the evidence is the fact that of 19 chemicals or groups of chemicals that are known to cause cancer in humans, 17 have been shown to be carcinogenic in laboratory animals. Scientists assume that the reverse is also true and that substances which cause cancer in animals will cause cancer in people.

Many people scoff at the "rat tests," bringing up the point that huge doses are given to the animals to produce the cancer, and that, in fact, a huge dose of almost anything would give the same result.

Pointing to the saccharin controversy, they maintain that the Canadian study, which cast doubt on saccharin, included doses consumed by the rats which would be the equivalent of a human drinking 1,250 twelve-ounce diet drinks each day for their entire lifetime.

There are three major reasons why large doses are given to the animals, according to scientists:

- The art of metabolism and excretion by animals is more rapid than that of humans, which means that the material stays in the human body longer.
- Because of costs, only a small number of animals can be used. To compensate for this, the frequency of tumors must be increased by a larger dosage or there would not be enough evidence collected from the small samples to determine a finding.
- Because of the shorter life-span

of animals and because of their possible resistance to chemicals, which might not be resisted by humans, the doses must be large. Although a low dose might not cause cancer in an animal, the same dose might cause it in a person. The tests are aimed at determining simply whether the substance can cause cancer, not at what level.

Many of the substances that have been reported to be carcinogenic are still under intensive investigation. There is also considerable disagreement as to whether or not many items which we use every day can cause cancer.

A few things still under controversy include, birth control pills, saccharin, and nitrites (an additive in lunch meat and hot dogs).

The Delaney amendment forbids any chemical found to cause cancer in laboratory animals or humans to be used as an additive in foods. The provisions of the Food, Drug and Cosmetic Act also forbid the carcinogenic additives, and state that an additive must first be proven to be safe before it can be approved.

Although it might sometimes seem ridiculous, it may also be very frightening to think of constantly being exposed to various cancer-causing substances. However, the preponderance of current evidence indicates that the rats are right. It is very likely that if that ugly little rodent develops cancer from a substance, his human counterpart may too.

Area Nervosa: Pressure to be slender prompts students to starve nearly to death to meet standards



Heavy thighs and padded posteriors were considered attractive by the early Greeks and Romans

Still, Helen tells her friends, "I'm too fat." Helen does not exist. However, the symptoms of anorexia nervosa are as real as the half million people who suffer from the disease.

Anorexia nervosa is one of three major eating disorders, and is characterized by starvation to the point of malnutrition.

Bulimia, another disorder, is manifested in obese people who gorge themselves, while a bulimirexic is one who gorges himself and then forces vomiting, thereby maintaining a relatively normal weight.

Anorexia nervosa was given its name by W.W. Gull, in 1874, to help describe an eating disorder. He found, as doctors do today, that the disease mostly affects white females between 12 and 25 years of age in middle and upper economic class families.

Psychologists today understand more about anorexia than ever before.



Today's much thinner standard forces some women into anorexia nervosa or bulimirexia.

Psychotherapy, family therapy, hospitalization and behavior modification are the ways the disease is treated.

"There is a lot of pressure on women today to stay slim," Anna Ross, a SAC songleader said. "I can almost understand why a woman might get hung-up about her weight. The pressure is around you every day in advertising, television and the movies."

Those who suffer from the disease see themselves as being "fat," when they may be as much as 30 to 40 pounds underweight.

The major problem occurs when a person, like the mythical Helen, refuses to recognize the problem. Medical treatment almost becomes impossible.

As Helen is walking out to her car she sees a truck. On the back of the truck there is a sticker on the window.

"No fat chicks," it reads. Helen begins to cry.

Gubernatorial candidates' views discussed Deukmejian

by Christine Kennedy
Staff Writer

"The Government should do for the people only what the people cannot do for themselves."

Abraham Lincoln

I believe that those words represent an essential principle for all Americans who feel that personal liberty and the free enterprise system are of the utmost importance to the foundation of our republic.

The business and professional community has a great deal to lose if government becomes increasingly bureaucratic and more removed from the individual. When the government intervenes unnecessarily, business and personal needs suffer.

George Deukmejian, Attorney General and Republican candidate for Governor of California, will strive for a smaller, more efficient state government. Deukmejian knows that's what we meant when we voted overwhelmingly for Proposition 13.

His opponent in the Nov. 2 gubernatorial election is the Democratic mayor of Los Angeles, Tom Bradley. As a politician in the past, Bradley has concentrated on a few relatively uncontroversial issues and those questionable activities which he participated in,

have not to any great extent come to the public's attention.

Local concerns about crime have dominated the California governor's race. As a goal, Deukmejian has vowed to work to establish courts that are as concerned with the rights of victims as the accused. He would also try to get tough anti-crime laws like the death penalty enforced.

Deukmejian will work as an advocate of agriculture in the hopes of stimulating a productive future. He will assist California to compete fairly with farmers in other states. Through his decisive approach and result-oriented leadership, the state will be spared costly mistakes such as the Med Fly fiasco.

Bradley's track record is concrete proof as to his position on the agriculture issue. In 1968, as city councilman, Bradley introduced a resolution for the city of Los Angeles and all city markets to support the Chavez/UFW secondary boycott of table grapes.

In 1972, Bradley joined Cesar Chavez, Ted Kennedy and others to oppose Proposition 22 which would outlaw secondary boycotts and require secret ballot elections. A year later he nominated Cesar Chavez for the Nobel Peace Prize.

The anti-agriculture Proposition 14 of 1976

was endorsed by Bradley. And, his most recent blunders include his 1982 opposition stance

Deukmejian has vowed to work to establish courts that are as concerned with the rights of victims, as the accused. He would also try to get tough anti-crime laws like the death penalty enforced.

towards the statewide initiative to eliminate the unfair inheritance and gift tax.

For the past seven years, we have been plagued by the antics of Jerry Brown. I think it is time we made some changes.

We need a governor who has a wide range of experience and can bring back quality to California.

If you liked Jerry Brown, then you'll certainly love Tom Bradley. As for me, my vote goes out to Deukmejian.



Bradley

by Joe Kearns
Staff Writer

Tom Bradley, the mayor of Los Angeles for the past eight years, has the potential to become the ablest governor this state has had in many years.

Bradley not only recognizes the issues and problems which confront California, but he also proposes solutions.

The son of a sharecropper, Bradley attended public schools, from grade school to UCLA. "I am committed to ensuring that the educational opportunity that was available to me," he said, "must remain available to coming generations."

Bradley believes that education is one answer to the unemployment problem. He is concerned with the reduction of Federal assistance for locally-administered education programs.

He has stated that he will make education his top budget priority, and will also seek to form a new partnership with education, business and industry. This partnership would include:

- Lending of facilities and equipment for training by private industry to educational institutions.
- Increase the "Adopt-A-School" program in which corporations and other businesses

affiliate with schools to help train, manage, and later, employ their students.

• Expand contract education programs, whereby the community colleges provide courses needed by specific industries and the cost is paid by outside groups, agencies or private companies.

He seeks to adopt these proposals in an attempt to help alleviate the present unemployment situation. According to Bradley, the recently released national jobless rate represents a grim picture and reinforces a growing realization that Washington policies are not yet working.

"Today we have the worst unemployment since the depression," he said. "Business failures are the worst since the 1930s."

Bradley proposes his California Plan. It seeks to attract private investment in California for new jobs and will save existing jobs by providing grants and loans for job-creating projects.

As governor, Bradley says that he will fight for a tough, no-nonsense anti-crime program. He supports the construction of new prisons, and wants to streamline the criminal procedures so that we have a system that guarantees swift and certain punishment for criminals.

He wants to demonstrate compassion for the victims of crime—not by clever slogans—but by

helping crime victims restore their dignity and financial loss. "We need to provide for restitution to the victims wherever possible," he said.

The mayor wants the appointees on the Board of Prison Terms to make public safety their paramount consideration in setting release dates.

He wishes to involve citizens in the fight against crime. Approximately 70 percent of

Bradley believes that education is one answer to the unemployment problem.

crimes go unreported. "We need to expand the neighborhood watch programs statewide," he said.

Bradley says that, as governor, he will address himself to the needs of housing, women's rights, transportation and senior citizens.

As mayor, he has created thousands of units of low-cost housing for senior citizens. He has fought for protecting Social Security, and has initiated numerous programs in the area of crime and transportation for the elderly.



California Senate race analyzed by el Don writers Brown

by Joe Kearns
Staff Writer

Jerry Brown feels that to make an impact on issues that affect California and the United States, he must be in a position where he can effectively apply his energies to these issues. And this can best be done in the U.S. Senate.

Some of these issues include: education, economics, nuclear power, crime and housing.

"Education is the future of our country," Brown has said. "Other countries are above us in technology. I support new programs for science, technology and math training at all levels."

Brown criticizes President Reagan's cuts in education and student aid, and the threat to dismantle the Department of Education. He advocates improved special education programs and tougher requirements for high school graduation and college entrance.

The governor believes that education will help alleviate unemployment. He acknowledges the impact that high technology has on industry, jobs and education, and recognizes the need for cooperation between the private and public sectors in developing and operating job programs.

He created the California Worksite Education and Training Act (CWETA) to train workers. He has doubled the size of the apprenticeship program in the state. He strengthened the prevailing wage law, and has developed the best occupational health and safety program in the United States.

During Brown's tenure in office, one out of every four jobs in the United States was created in California. *Fortune* magazine, in a recent survey of 1,000 major firms, found California the third most likely state for location of new facilities by industry.

Brown signed a bill extending unemployment benefits and increasing disability insurance. He advocates budget restraint, but in a manner fair to social programs.

Crime is another major concern of Brown's. He supports the building of new prisons. Opponents like to say that the Brown judicial appointments have been too liberal and lenient, but the opposite is true.

The number of incarcerated felons has more than doubled since Reagan left Sacramento. "Over 20,000 people have gone to prison this year, and in Reagan's last year in office, only 8,400 went to prison," Brown said. This is well above the crime rate increase.



Wilson

by Scot Van Steenburg
Sports Editor

Once heard that the true test of a politician is dependent on his ability to change boats in mid stream. If this is the case, I'll stop typing right now. I don't think so, and I hope you don't.

Pete Wilson doesn't think so either.

What say from the lips of Governor Moonbeam, "no comment." Oh, well, better luck next time, but if Jerry won't speak for himself, then let the record.

America's favorite city (that's what it says along the freeway), San Diego, has been under Wilson's control since 1971, and there have been many changes administered by Wilson.

One issue that everyone is concerned with is the crime rate, San Diego's is the lowest among California's top ten cities. The police force's ranks have been expanded from 957 to 1345 to help combat crime.

The bus system was expanded from 29 routes in 1972 to 45 routes that traveled 15.7 million miles in 1977. But the heavy axe of Proposition 13 devastated the program that still covers San Diego's streets with 28 routes and 11 million miles.

Speaking of Prop. 13, this was the first time that I ever saw Jerry do the boat-change trick. He jumped so easily from holding swift and steady opposition to the measure, to being the captain of the Jarvis-Gann boat that almost no one noticed. Almost.

But after all, it's easier to find fault with other than thine own, right? Well, it seems pretty clear that Brown's political boats take on as much water as possible. When Jerry notices that his feet are getting wet, he forsakes them for the next safe and dry passage to come along.

Wilson's strong leadership is clearly evidenced by his direct assumption of power in the San Diego City Council. He established a City Council committee system headed by himself to directly oversee the city manager.

During his tenure, Wilson a political conservative, saw the budget grow 195% in 11 years, but in terms of 1971 dollars, city spending has decreased from \$114 per resident to \$101. The amount of city employees has increased from 5,647 to 6,438, while the average number of employees per 1,000 residents has decreased from 7.68 to 7.0.

Wilson has served his apprenticeship, the city of San Diego is the eighth largest city in America, and it's alive and well. So let's all stand up and be counted, and remember let's stay the course.

Right Pete.

Fleetwood Mac at Irvine Meadows

Group highlights show

by Lea Ann Isbill
Entertainment Editor

It was a concert, a benefit for charity and the largest rock and roll show to date at Irvine Meadows Amphitheatre.

The musicians scheduled were Fleetwood Mac, Joe Walsh, Boz Skaggs and Glen Frey, and, as expected, they were all great.

But most concert goers would probably have considered Monday night's mini-music festival a bit peculiar as well as somewhat confusing.

First of all, since the proceeds were to go to the City of Hope National Medical Center and Research Institute, most people would have expected a lot of souvenirs to be sold. But the only thing available was a \$10 t-shirt listing the names of the bands.

Five minutes before show-time, there was a crowd at the Meadows' entrance, congestion in the parking lot and a long line waiting to get off the 405 freeway. Also, inside the amphitheatre, the lawn seating was packed. All of which, as some members of the audience pointed out, were uncharacteristic of what they had experienced there before.

Frey, formerly of the Eagles, began shortly after 7:30 p.m. with his hit song "I Found Somebody." The sound was excellent, even if the audience was comatose. He played for about an hour, songs such as "Lyn' Eyes" and "Somebody's Gonna Hurt Someone" (too bad all those people still trying to get in, had to miss such a great show).

When he was finished, Frey announced, "We found some people backstage who want to play for you." Then out came Boz Skaggs, who performed one song and was immediately followed by Joe Walsh.

With all three groups crowded on the stage, it was difficult to tell just who was there.

Walsh received a good response (for that audience

anyway) when he changed some of the words of his best-known tune, "Rocky Mountain Way," to "Bases are loaded/Milwaukee's at bat/playin' it play by play..."

Walsh then performed a second song after which some hot jamming was anticipated but, instead, the house lights came on.

Uh, what? Only one song from Skaggs and two from Walsh? What kind of concert was this?

Weird.

The intermission came shortly before 9 p.m., accompanied by loud shouts of protest. The refreshment stand (on the grass) had sold out (by 8 p.m.), there were no programs to read and the lines for both beer and wine as well as the bathroom were a mile long.

What was a disappointed crowd to do?

Well, probably if the concert had been held anywhere else, the fans would have started throwing frisbees, beach balls, trash or anything else they could get their hands on.

The Meadows' crowd, however, sat around trying to get drunk and complaining about the delay.

But the wait wasn't long. At 9:20 p.m. Fleetwood Mac hit the stage with "Secondhand News" and the disgruntled fans forgot everything except the fact that they were experiencing one of the world's most talented rock bands.

Lead singer Stevie (I'm so cosmic) Nicks was at first hard to spot (from the back part of the amphitheatre) because she wasn't wearing her flowing white thing. Later, however, when she did "Rhiannon," she put on her gossamer trademark stirring a slight response.

Although Nicks is generally the group's star attraction, lead guitarist Lindsey Buckingham was the one that stood out. He is a talent all his own—powerful and charismatic, as well as adorable and fun. He has a way of making people dance, whether they want to or not.

With the grass crowd thinned down about 50 percent,



(photo courtesy Warner Bros. Records.)

Fleetwood Mac

Fleetwood Mac finished their last tune, "Songbird," shortly after 11:30 p.m.

Although the concert had been strange for a while, it ended quite beautifully with,

"And the songbirds keep singing,

like they know the score,

and I love you, I love you, I love you,

like never before."



Andy Cheng/el Don

Getting physical

Olivia Newton-John concluded her 60-date concert tour with an appearance at the Irvine Meadows Amphitheater last Sunday night.

Night student entertains

by Chris Dugas
Staff Writer

The young blond singer smiled out to the audience and stated, "This next number is a song I wrote when I was 50 miles out of Salt Lake City; it's called **Home Sweet Home**."

The strumming of the guitar mingled with the soft mellow voice and Don Clark, a SAC night student, shared his composition with the audience.

The event was SACTivity hour, and Clark performed well despite a moderate lack of participation from the students surrounding the upper balcony of Johnson Center.

Questioned on the apparent aloofness of the audience, Clark stated, "It's really a shame. Where I'm from we weren't given the opportunity for free entertainment. We would have taken advantage of it."

The problems, in part, may have been a result of poor acoustics or the loud squeaking of the cafeteria door. But despite these, some of the students found time to enjoy Clark's performance.

His repertoire consisted mostly of original songs with a few by popular artists such as the Beatles, America and Neil Young.

Although accomplished in both



Bill Threlkeld/el Don

Don Clark

guitar and voice, Clark's strongest talent shines through while playing the harmonica. He learned to play that instrument when he watched his older brother playing it around the house. "One day I decided to give it a try and I've liked music ever since," he related.

Besides music, the performer's main interest is business. He has recently opened a medical supply store in Huntington Beach, which he hopes will soon prosper. He is married and has one child.

Clark feels that more

communication is needed for both the night students and the instructors regarding campus activities. He suggests posting activity calendars on the bulletin boards in each class or providing notices to be read by the instructors before class.

Clark's long-term goals include more original compositions, some recording and, ultimately, a career in music engineering.

"Music," states Clark, "is an artistic expression that releases tension and relaxes the mind."

On the edge

TV needs to change

by Lea Ann Isbill
Entertainment Editor



With the invention of television, the world's nations became neighbors and a new form of entertainment was brought into the home.

But now, with most households owning two or more TV sets, the family unit is becoming extinct. We sit in separate rooms, to watch the box and the mindless shows it projects, as if there's nothing better for us to do.

Worse yet, we seem to care more about what happens to Luke Spencer than the rest of humankind.

What a sad waste of medium that could be used to unite people instead of separating them.

From television, our children learn that the "good guy" always wins and that things always work out great for every one in the end.

It's a nice idea, but the "happily ever after" syndrome is misleading and perhaps even harmful to those who are still trying to find their place in society.

In the "real world," good people often get trampled into the ground, ripped-off and even physically abused by the "bad guy" who gets away scot-free. Very rarely does anything work out as we planned. Life isn't always nice and blissful.

How many people actually meet on a cruise ship, fall in love, go to bed, have a fight, make up and get married all in three days?

Prejudice is also perpetuated by television through stereotyped characters. They are the dumb blond, the stupid jock and the black teenager who robs gas stations and rapes white women. The list goes on.

Is this any way to teach our children social values?

Don't get me wrong, I realize there are programs made just to entertain and some that are meant to educate. But for the most part we watch senseless situation comedies that give a warped perspective of reality which causes mass confusion.

Nobody has to watch TV, but since most everyone does, it would be nice if the programs entertained us along with teaching us basic common sense and human kindness.

Then, perhaps, we could all learn to work together, making this planet a better place to live.

WE'RE FIGHTING FOR YOUR LIFE

Exercise Regularly

American Heart Association

Director doesn't fiddle with 'Fiddler'

by Chris Dugas
Staff Writer

The young, self-assured man stood in the rear of the theatre, and, directing his voice towards the stage, called emphatically, "Sing, dance, and act all at the same time—it's a strange process—it's called theatre."

The man is John Lee, a guest director for SAC's upcoming performance of **Fiddler on the Roof**.

Lee has worked with some of the cast members before (he directed **The Fantasticks** at the Gem which was co-sponsored by SAC), but this is the first production that he has directed at SAC. He stated that he "enjoyed working within the college atmosphere, again."

Having directed professionally for ten years, the man's talent is apparent. He handles the cast with a cool and professional attitude, and yet seems to have the respect of all of **Fiddler's** performers. States SAC student Russ Miller, who plays the part of Motel, "I was afraid he was going to be too professional, almost to the point of intimidation, but through working with him I have learned that I always feel comfortable asking him for help. He's fantastic."

Indeed, most of the cast agreed. Steve Potska, who plays the young, if somewhat weary rabbi, is a newcomer to the area and enrolled at SAC specifically to work with Lee, again, after having worked with him in Iowa from 1973 to 1979.

Lee feels that directing is based on mutual trust

and respect, not a technique so much in manipulation, as it is an effort to mold and refine what the players are doing. States Russell Dague (who plays a Russian dancer), "he helps you add dimension to a part, no matter how big, or how small."

Lee finds accuracy in this production of utmost importance. Because of this, stage manager, Christine Franeberger has consulted with Rabbi Edwards of the Beth Shalom Temple of Orange County as to the authenticity of some of the details in **Fiddler**. States Lee, "This is a difficult production in itself, in that there is an obligation to present the Jewish faith as it is, traditionally, with passion one of its most important aspects."

Karen McBride, who plays Grandma Tzeitel (when not teaching voice class at Orange Coast College), stated that although this is her "first time working with John," she is greatly impressed with his direction and with the reputation that preceded him.

When not working with the students, either at colleges or at the Gem, this dynamic man can be found at Disneyland, where he is artistic director and manager of show design.

Beth Hansen, who plays the role of Golde in the production, finds working with Lee a great

"John demands things from us that we, ourselves, do not think we are capable of, but we find ourselves doing it. He has such a passion for what he does it tends to be contagious."

—Beth Hansen

professional challenge. She related, "John demands things from us that we, ourselves, do not think we are capable of, but we find ourselves doing it. He has such a passion for what he does it tends to be contagious."

All of the characters appeared to have utmost respect for the visiting professional. As Hansen pointed out, "An actor becomes stagnant unless a director can stretch him."

Much stretching and molding is apparent during rehearsals in Phillips Hall, and the hard work of everyone involved lends promise to a superb performance in November.



Bill Threlkeld/el Don

Director John Lee observing last Sunday's "Fiddler" rehearsal at Phillips Hall.

Fiddler on the Roof

Shows in Phillips Hall.

Nov. 5, 6, 7, 11, 12, 13, 14*, 18*, 19, 20*, 21.

Performance times: 8 p.m. Thursday through Saturday, 3 p.m. on Sundays. General admission \$5, students \$4, student/senior rush (a half hour before curtain) \$2.

For more information call 835-5971.

*Signed for the hearing impaired.

SAC introduces theatre for deaf

by Lea Ann Isbill
Entertainment Editor

"The use of sign language probably grew from and is an extension of the gestures, facial expressions and other bodily movements used by all people...to emphasize and supplement speech."

—Encyclopaedia Britannica

Once upon a time, but not too long ago, most forms of entertainment were shut off to the hearing-impaired population.

Then one day, someone decided to produce closed-caption television programs, thus allowing those with hearing difficulty to enjoy some shows at home. But live plays were still a problem.

Recently, however, through the use of sign language interpreters, the doors of some theatres have been opened for deaf and partially deaf people, Phillips Hall included.

At the request of SAC's Dean of Fine and Performing Arts, Burt Peachy, three performances of **Fiddler on the Roof**, have been designated for the hearing-impaired.

After a suggestion made last year by some friends, Peachy decided to find out how sign interpreting was accomplished.

"I went to a musical production in Los Angeles," the dean explained, "to see how it was done and frankly it was just incredible. It was a full experience for the hearing-impaired, as far as I could tell anyway."

This year under the supervision of sign language instructor Herb Terri, who works in SAC's hearing impaired program, all four of the Theatre Arts Department productions will be signed.

"It's a service for the benefit of all the hearing-impaired people in the community," Terri said.

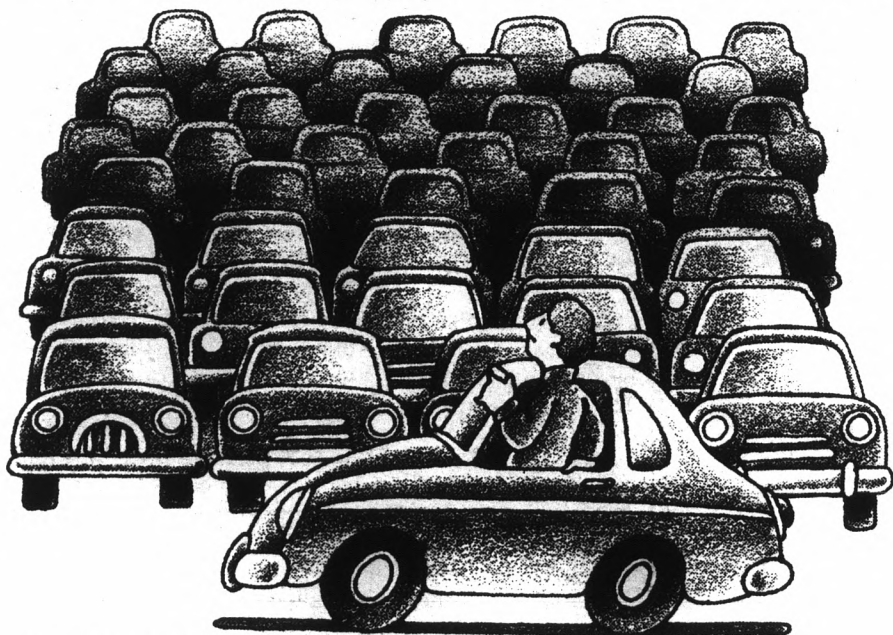
Terreri has hired two

professional interpreters, David and Julie Chapman, to sign **Fiddler**. He explained that a section of Phillips Hall will be reserved for the hearing impaired audience and that "the interpreters will be located at a vantage point that will enable the hearing-impaired audience to see the dialogue at the same time it's being performed on stage."

About this Peachy expressed, "I'm glad we have a program on campus that can provide this service."

The other shows in Phillips Hall this year that will include sign interpreters are **Vanities**, opening in January, **One Flew Over The Cuckoo's Nest** in March and **California Suite** in May.

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SPORTS
BRIEFS

Volleyball

SAC's women's volleyball got back on the winning track last Friday, beating Fullerton, 6-15, 15-6, 7-15, 18-16 and 15-13, in an away game.

Coach Nancy Warren said that it was very good to be victorious after a hard game against a strong team, and added, "They (the women) made a tremendous effort to defeat Fullerton."

Tomorrow the Dons will play in the Saddleback Tournament all day.

Soccer

SAC's soccer team finally awoke, defeating Cerritos, 2-0, in its third conference game. Now the Dons have a 1-2 record.

Coach Kevin Bove said, "The game had two periods. In the first half we played very individualistic, but in the second half, with good passing, we created several opportunities, scoring the two goals that gave us the victory."

Today the Dons play Mt. SAC here at 3 p.m.

In sympathy

The el Don staff wishes to express its deepest condolences to the George Curtis family after they suffered the loss of their daughter, Kara Lee.

Services were held yesterday at 11 a.m. at the LDS Chapel in Westminster.

Men finish first

by Joe Kearns
Staff Writer

SAC's men's cross country team won the meet at Huck Finn Park in Huntington Beach, last Friday beating out Cypress College and Golden West.

Joaquin Carrillo finished in third place, with a time of 23.31, followed two seconds later by fellow trackstar, Oscar Aguirre. Paul Hoag came in sixth, 24.15 and Paul Garcia was seventh, 24.29.

Joan Grass continued her spectacular performance by finishing second to a strong Kim Difilippo of Cypress College. "The course wasn't too good," said Grass. "The ground was soft and dusty in places, and the grassy start and finish didn't help."

At the first mile mark, Grass was third behind Difilippo and Kerri Draper of Golden West, but passed Draper in the second mile. "She slowed her pace on the uphill, and I passed her," Grass said. "On the downhill, I picked up speed and left her behind."

Grass finished in 19.04, about 50 yards in front of Draper. Difilippo's winning time was 18.43.

Grass's best time this season is 18.59, at the Golden Gate Invitational, in San Francisco. She finished 10th in a field of 200. "I was psyched up for that meet, because of the competition," she said.

"The team is improving every week," Coach Al Siddons remarked. "They are hard workers, running seven days a week."

The team trains two times a day. Beginning at 7:30 a.m., they run eight to 10 miles, with intervals at a five-minute-per-mile pace. At 2 p.m., they run four miles, and then lift weights for a half hour. On Saturday mornings, they run hills at Irvine Ranch for two hours, covering 10-15 miles.

"We're shooting for first place in the conference," said Siddons. "Our outstanding women runners are Joan Grass, Melissa Smith and Lisa Resh. Grass has finished in the top ten in all the invitational this season."



Andy Cheng/el Don

SAC scores one of its 16 goals in last Tuesday's water polo win at Fullerton.

Dons splash Hornets

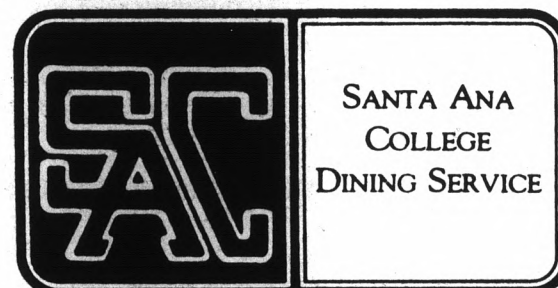
by Scot Van Steenburg
Sports Editor

After the Dons' conference title hopes were virtually sunk when SAC lost to Cerritos last Friday 17-11, the poloist's figured to be somewhat letdown entering Tuesday's action at Fullerton.

Mark Vellekamp scored five goals enroute to a 16-11 victory that pulled the Dons out of their two-game tailspin and provided the second conference victory of the season. More importantly the conference record was improved to 3-2.

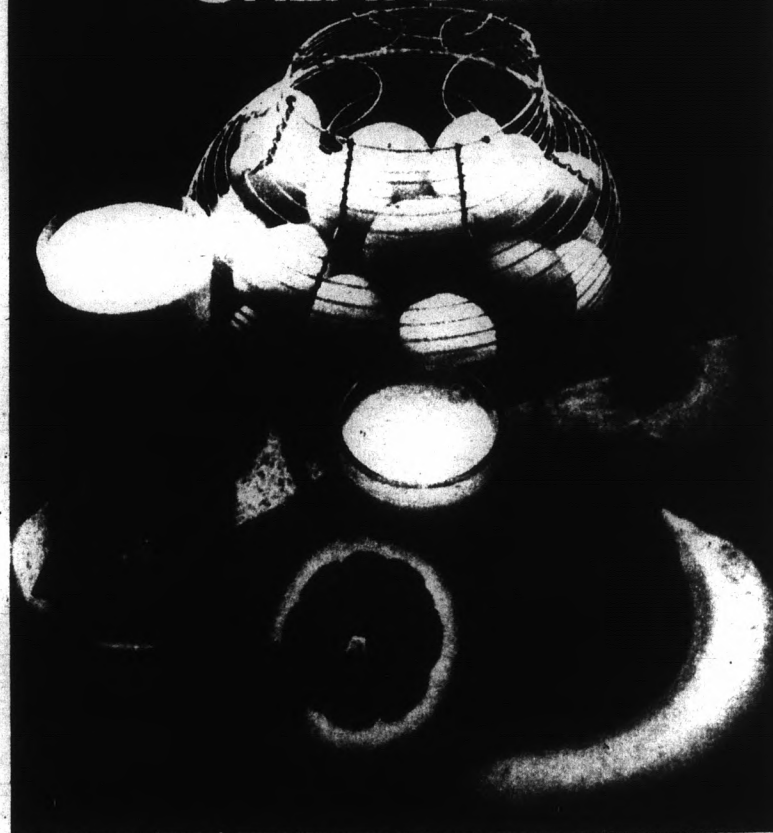
Coach Bob Gaughran commented after the contest on his squad's position. "It (the loss to Cerritos) probably will knock us out of conference title shot. Now we've got to wait for a while before we get back to anybody in our conference. We play Rio Hondo and then Mt. SAC. Somebody's got to knock off somebody. That'd give us a little bit of breath. That's all there is to it."

SAC plays Mt. San Antonio here today at 3:30.



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Bill Threlkeld/el Don

Don grappler Chris Roll in action in the Santa Ana Wrestling Tournament last Wednesday. Roll was named to the tournament's All-Star team in the 190-pound division.

He is one of the few wrestlers with any community college experience on SAC's team. Roll finished fifth in the state meet last year. Santa Ana finished third in the tournament.

Defense keys win

Gomez tosses SAC to top

by Junior Arballo
Staff Writer

This was going to be a good year for Mike Gomez. He had won the starting quarterback job and was going to run the Don offense against Fullerton College in the opening game of the season. Gomez had a bad game. He completed only four of 25 passes on the night, as the Dons were soundly beaten, 37-0. He has completed only two passes since.

The biggest pass of the season for Gomez was not completed as a quarterback, but as a halfback. He threw a 36-yard touchdown pass to Joey Little as the Dons edged past San Diego City College, 10-7, Saturday night.

Gomez came off the bench to ignite the sputtering Don offense early in the third quarter and to help the Dons win its conference opener.

"I went in for Lance Cooper," Gomez said. "We faked the sweep and it pulled up the defense. I threw it to Joey (Little) and he made a great catch. It was a pass all the way, something we have been working on all week. We were hoping we would get a chance to use it, and that came up."

Phil Cooper is now the Don's starting quarterback and was the top rated quarterback in the state. However, he could not move the ball against the stubborn Knight defense.

"San Diego really did their homework," Gomez said. "They shut us down."

SAC Head Coach Dave Ogas put the credit for the Don's victory on the shoulders of the defense.

"The defense won the game for us," Ogas said. "The defense forced 11 turnovers and took control of the game. They came up with a great effort and saved the game for us."

"Good teams win with defense," Ogas said.

This was the same defense that had given up an average of over 25 points a game before Saturday. They shut down the San Diego offense by intercepting a SAC record of eight passes. The Knight's only touchdown came on a fourth-and-goal situation from the five-yard line.

"This feels great!" Ron Roseboro, SAC defensive back, said after he intercepted two passes. "We worked hard all week for this game and it shows. We finally put our heads together and worked as a team."

"Those interceptions came about because of the work all of the defense put into this game. The line put a lot of pressure on their quarterback and it showed. He always had someone in his face as he was throwing the ball."

The Dons now face Southwestern College away in the second Mission Conference game. The Apaches are the surprise team of the young season as they have rolled over their opponents by averaging over 45 points a game through four games.

"They are a good team," Ogas said. "They have a lot of very talented players. We are going to have to play an almost perfect game to beat them."

"We can beat them," Ogas said.

The Apaches are led by sophomore quarterback Reid Sholl, who was converted from tight end during the Apaches 2-4 season last year. They will come into tomorrow night's game with a perfect 4-0 season mark and have yet to be seriously challenged by an opponent. One of their victories includes a 51-7 rout of Imperial Valley, a team the Dons lost to, 36-25.

"The defense is going to have their hands full against Southwestern," Ogas said. "We are going to have to hope we can move the ball against their defense and keep their offense off the field."

My turn

Linemen: Unsung heroes

by Junior Arballo
Staff Writer

Lance Cooper (not the quarterback) rips off a 70-yard run down the middle of the field.

He scores a touchdown and helps the Dons easily beat Los Angeles City College for SAC's first victory of the season.

Back at the original line of scrimmage, Sal Hernandez lies on the ground rubbing his elbow. He gets up and limps off the field. He is excited, of course, in his own, quiet way.

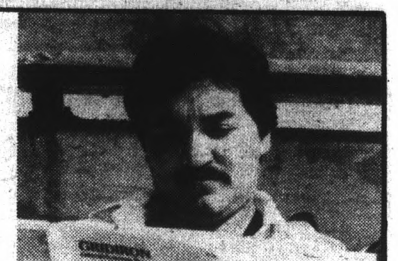
He never asks why any one from the press does not talk to him.

Sal is an offensive lineman. Being an offensive lineman brings about as much attention as being the man who replaces the lightbulbs in the men's room at the city morgue.

With the pounding of each play, the offensive lineman does his job. If he does it right, the running back will gain big yardage. If he does it wrong, the coaches yell and scream about how the poor lineman has missed his block.

What a life, to be an offensive lineman. Pain is an everyday thing that only stops on Sundays, the night after the game.

Too bad, though. Practice



begins again Monday and the pounding starts all over again.

"All of us on the offensive line are hurting," Hernandez said. "It is one of the hazards of being on the line. We have to do our job or our team will not score."

"Little nagging pains are always with us and are hard to forget about," he continued. "We have to forget about them, though. Everyone else is hurting too."

Hernandez has what he called a "minor" hamstring pull in his leg.

Minor?

I can almost see Hernandez doing a commercial now....

"Do you know me? Most people don't. My friends and I are the reason why Santa Ana College can pass the ball 30 to 40 times a game."

"We are also the reason Lance Cooper (not the quarterback) can run with such grace and abandon."

"When my friends and I travel to all the big cities in the state (El Centro, Fullerton, Chula Vista), we always carry our American Express Card."

"Without it, we would be just a bunch of pretty faces."

Of course there is more....

Offensive linemen -- the Rodney Dangerfields of football -- never get the credit they most richly deserve. Even their counterparts on the defensive line have nicknames associated with themselves.

The "Fearsome Foursome," "Purple People Eaters," the "New York Sack Exchange," and so on.

The Good Book says, "Good will come to those who endure."

Hang on a little longer, fellows.



Ron Roseboro raises the ball triumphantly after hauling down one of the eight interceptions the Dons captured from San Diego CC last Saturday at Eddie West Field. Also raising arms are linebacker Craig Koga to show satisfaction and the referee to show who has the ball now.

Bill Threlkeld/el Don

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Co-Editor

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